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How Do You Rate?

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How Do You Rate?

by Dorothy Evans



THERE is a close correlation between the grades which a student receives in costume design and her personal appearance rating, according to Miss Lillian Navratil in her thesis,

"Comparison of Personal Appearance Ratings and Grades of Senior Home Economics Students at Iowa State College."

There is, however, a much closer

Look in the mirror and grade your image on these grooming tests.

1. Neatness in Dress	Clothes unkempt; slovenly in appearance.	Clothes frequently untidy; careless in appearance.	Clothes neat, clean well-made, well-fitted, well-pressed, and in perfect repair.
2. Personal Neatness	Uncouth in appearance; skin, hair, hands, nails, teeth dirty and unkempt.	Evidence of grooming done hurriedly; frequently omitted in part.	Well-groomed skin, hair, hands, nails, and teeth.
3. Effect of Foundation Garments	Poorly fitted; pinched or flabby in appearance.	Wrinkles or lines showing; frequent lack of sufficient amount.	Smooth, firm; allows freedom of movement.
4. Posture of Individual	Constrained, awkward, or slumped in appearance.	Too stiff, too relaxed, resulting in faulty posture in one or more segments.	Erect and graceful posture; appearance of ease and poise.
5. Suitability of Design to Individual	Dress design unbecoming; unattractive characteristics emphasized; over-ornamentation.	Dress design often uninteresting; neither adds to nor detracts from personal attractiveness.	Dress design exceedingly pleasing and becoming; best features emphasized.
6. Suitability of Design to Occasion	Design of dress suggestive of another occasion.	Design not always appropriate for occasion.	Design of dress suitable to the occasion.
7. Becomingness of Color	Colors lack harmony with the individual, season, and with each other; accentuate poor qualities.	Color harmony not always preserved; fails to enhance individual's best qualities.	Colors bring out best qualities of individual; suited to season, occasion, and in harmony with each other.
8. Suitability of Material to Design and Purpose	Material inappropriate to individual, season, occasion, and style; unattractive in itself.	Some evidence of material poorly selected for individual, season, occasion, and design; uninteresting in itself.	Material suited to individual, season, occasion, and style; attractive in itself.
9. Suitable Accessories (including shoes and hose)	Accessories inharmonious with costume, person, and each other. Distract noticeably from individual and costume.	Incomplete harmony in accessories, frequently lacking unity in color and design.	Interesting accessories, harmonious with the costume, person, and each other; adds to the whole.
10. Pleasing Use of Cosmetics	Artificial effect; not in harmony with person, press, and occasion; Unattractive features emphasized.	Little consideration given to choice and use of cosmetics; frequently omitted or lacking in harmony.	Applied naturally; in harmony with person, dress, and occasion; sufficient to enhance attractive features.
11. Becoming Hair Arrangement	Not in accord with features, dress, or mode; unnatural in appearance. Poor features emphasized.	Hair neatly arranged; best features not emphasized.	Natural appearance; conforming to the mode, dress, and person's best qualities.
12. Design in Keeping With Present Styles	Individual made conspicuous by wearing clothes extremely out of style or in style.	Clothes neat and presentable; little style.	Dress in keeping with prevailing styles; smart in appearance.

* Published by Manual Arts Press, Peoria, Ill.

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agreement between personal appearance and costume design grades than between personal appearance and clothing construction grades. This fact may be accounted for by the difference in objectives which are to be realized in each course. Clothing construction places emphasis on the proper construction and fit of garments while costume design stresses the selection of garments in relation to the type of individual.

According to Miss Navratil's figures in her thesis there is an especially high correlation in costume design on the posture of the individual, the suitability to the occasion and the suitability of material to design and purpose.

However, improving your personal appearance is also a matter of individual attention. Even clothing courses do not insure faultless appearance. As a means



toward this end, the rating scale* on page 16 has been devised by Miss Navratil, Miss Regina Friant of the Home Economics Education Department, and Miss Rosalie Rathbone, head of the Textiles and Clothing Department.

This rating should be made only according to the descriptive phrases under the line. No personal standards should be considered. Rate yourself honestly and with great care, or better yet, persuade your roommate to rate you.

Our clothing determines how much we go into society, the places we go, and the exercise we take. Our wearing apparel contributes to our ability to secure jobs and to hold them, and it may cause us to miss them and to lose them.

"The results of an individual's personal appearance are immense although very often unknown," according to Miss Elizabeth Winterburn in *Principles of Correct Dress*.

"We take the little we perceive as a sample of all that is back of it and judge an entire character by what is apparent to the eye," she continued. Personal appearance is a matter of individual consideration in addition to the training which you receive in clothing classes.

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